

Meal Plan - 2500 calorie keto meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

2533 cal ● 192g protein (30%) ● 177g fat (63%) ● 26g carbs (4%) ● 17g fiber (3%)

Breakfast

460 cal, 19g protein, 9g net carbs, 37g fat



[Scrambled eggs with veggies and bacon](#)

256 cal



[Strawberries and cream](#)

203 cal

Snacks

260 cal, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)

6 crisps- 261 cal

Lunch

1000 cal, 69g protein, 1g net carbs, 80g fat



[Bacon hamburger lettuce wrap](#)

3 patties (4oz each)- 998 cal

Dinner

815 cal, 93g protein, 14g net carbs, 38g fat



[Olive oil drizzled sugar snap peas](#)

286 cal



[Basic chicken breast](#)

13 1/3 oz- 529 cal

Day 2

2451 cal ● 240g protein (39%) ● 148g fat (54%) ● 26g carbs (4%) ● 13g fiber (2%)

Breakfast

460 cal, 19g protein, 9g net carbs, 37g fat



[Scrambled eggs with veggies and bacon](#)

256 cal



[Strawberries and cream](#)

203 cal

Snacks

260 cal, 11g protein, 3g net carbs, 22g fat



[Cheesy crisps and guac](#)

6 crisps- 261 cal

Lunch

895 cal, 131g protein, 6g net carbs, 38g fat



[Buttered sugar snap peas](#)

107 cal



[Balsamic chicken breast](#)

20 oz- 789 cal

Dinner

835 cal, 79g protein, 9g net carbs, 52g fat



[Green beans](#)

63 cal



[Baked chicken thighs](#)

12 oz- 772 cal

Day 3

2445 cals ● 159g protein (26%) ● 179g fat (66%) ● 32g carbs (5%) ● 17g fiber (3%)

Breakfast

460 cals, 19g protein, 9g net carbs, 37g fat



Scrambled eggs with veggies and bacon

256 cals



Strawberries and cream

203 cals

Snacks

325 cals, 19g protein, 6g net carbs, 24g fat



Pistachios

188 cals



Boiled eggs

2 egg(s)- 139 cals

Lunch

825 cals, 42g protein, 8g net carbs, 66g fat



Chicken caesar salad

389 cals



Macadamia nuts

435 cals

Dinner

835 cals, 79g protein, 9g net carbs, 52g fat



Green beans

63 cals



Baked chicken thighs

12 oz- 772 cals

Day 4

2456 cals ● 174g protein (28%) ● 178g fat (65%) ● 26g carbs (4%) ● 13g fiber (2%)

Breakfast

435 cals, 44g protein, 7g net carbs, 26g fat



Bacon omelet

280 cals



Low-sugar Greek Yogurt

2 container(s)- 156 cals

Snacks

325 cals, 19g protein, 6g net carbs, 24g fat



Pistachios

188 cals



Boiled eggs

2 egg(s)- 139 cals

Lunch

825 cals, 42g protein, 8g net carbs, 66g fat



Chicken caesar salad

389 cals



Macadamia nuts

435 cals

Dinner

870 cals, 69g protein, 5g net carbs, 62g fat



Olive oil drizzled sugar snap peas

82 cals



Buffalo chicken wings

18 2/3 oz- 788 cals

Day 5

2458 cals ● 227g protein (37%) ● 151g fat (55%) ● 28g carbs (5%) ● 19g fiber (3%)

Breakfast

435 cals, 44g protein, 7g net carbs, 26g fat



Bacon omelet

280 cals



Low-sugar Greek Yogurt

2 container(s)- 156 cals

Snacks

320 cals, 12g protein, 7g net carbs, 25g fat



Roasted pepper wedges with cheese & pesto

3 wedge(s)- 210 cals



Macadamia nuts

109 cals

Lunch

880 cals, 107g protein, 6g net carbs, 42g fat



Buffalo chicken lettuce wrap

4 wrap(s)- 878 cals

Dinner

825 cals, 64g protein, 7g net carbs, 59g fat



Blue cheese stuffed chicken thighs

1 1/2 thigh- 678 cals



Buttered green beans

147 cals

Day 6

2518 cals ● 214g protein (34%) ● 163g fat (58%) ● 26g carbs (4%) ● 22g fiber (4%)

Breakfast

495 cals, 30g protein, 5g net carbs, 38g fat



Pesto scrambled eggs

4 eggs- 396 cals



Simple sauteed spinach

100 cals

Snacks

320 cals, 12g protein, 7g net carbs, 25g fat



Roasted pepper wedges with cheese & pesto

3 wedge(s)- 210 cals



Macadamia nuts

109 cals

Lunch

880 cals, 107g protein, 6g net carbs, 42g fat



Buffalo chicken lettuce wrap

4 wrap(s)- 878 cals

Dinner

825 cals, 64g protein, 7g net carbs, 59g fat



Blue cheese stuffed chicken thighs

1 1/2 thigh- 678 cals



Buttered green beans

147 cals

Day 7

2473 cals ● 136g protein (22%) ● 193g fat (70%) ● 24g carbs (4%) ● 24g fiber (4%)

Breakfast

495 cals, 30g protein, 5g net carbs, 38g fat



Pesto scrambled eggs
4 eggs- 396 cals



Simple sauteed spinach
100 cals

Snacks

320 cals, 12g protein, 7g net carbs, 25g fat



Roasted pepper wedges with cheese & pesto
3 wedge(s)- 210 cals



Macadamia nuts
109 cals

Lunch

855 cals, 49g protein, 3g net carbs, 70g fat



Pepper steak
9 ounce(s)- 792 cals



Buttery spinach cauliflower mince
1 cup(s)- 64 cals

Dinner

805 cals, 45g protein, 8g net carbs, 60g fat



Pecans
1/2 cup- 366 cals



Avocado tuna salad
436 cals

Vegetables and Vegetable Products

- bell pepper
3 large (491g)
- onion
2/3 medium (2-1/2" dia) (78g)
- romaine lettuce
3/4 head (451g)
- frozen sugar snap peas
3 2/3 cup (528g)
- frozen green beans
4 2/3 cup (565g)
- tomatoes
1 1/6 medium whole (2-3/5" dia) (144g)
- garlic
2 clove (6g)
- fresh spinach
8 1/2 cup(s) (255g)

Dairy and Egg Products

- eggs
22 large (1100g)
- heavy cream
2/3 cup (161mL)
- cheese
3/4 cup, shredded (84g)
- butter
1/2 stick (57g)
- parmesan cheese
4 tsp (8g)
- mozzarella cheese, shredded
1/2 lbs (203g)
- blue cheese
1 1/2 oz (43g)

Pork Products

- bacon
10 slice(s) (100g)

Fats and Oils

- olive oil
2 oz (68mL)
- oil
2 oz (59mL)
- balsamic vinaigrette
5 tbsp (74mL)
- caesar salad dressing
2 3/4 tbsp (39g)

Other

- ground beef (20% fat)
3/4 lbs (340g)
- guacamole, store-bought
6 tbsp (93g)
- italian seasoning
5 dash (2g)
- low-sugar Greek yogurt, flavored
4 container(s) (600g)
- mixed greens
1 cup (30g)
- frozen riced cauliflower
1 cup, frozen (106g)

Spices and Herbs

- black pepper
1/3 oz (10g)
- salt
3/4 oz (18g)
- thyme, dried
1/4 tbsp, ground (1g)
- paprika
3 dash (1g)
- rosemary
3 dash (0g)

Poultry Products

- boneless skinless chicken breast, raw
4 1/2 lbs (2074g)
- chicken thighs, with bone and skin, raw
7 thigh (6 oz ea) (1190g)
- chicken wings, with skin, raw
18 3/4 oz (530g)

Nut and Seed Products

- Macadamia nuts, shelled, roasted
1/3 lbs (10-12 kernels) (156g)
- pistachios, dry roasted, without shells or salt added
1/2 cup (62g)
- pecans
1/2 cup, halves (50g)

Soups, Sauces, and Gravies

- Frank's Red Hot sauce
13 3/4 tbsp (206mL)
- pesto sauce
6 1/4 tbsp (100g)

Fruits and Fruit Juices

- strawberries
1 cup, sliced (166g)
 - avocados
2 avocado(s) (368g)
 - lime juice
1 tsp (5mL)
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Finfish and Shellfish Products

- canned tuna
1 can (172g)

Beef Products

- ribeye, raw
1/2 lbs (255g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Scrambled eggs with veggies and bacon

256 cal ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

bell pepper
1/2 cup, chopped (75g)
eggs
2 large (100g)
onion
2 tbsp, chopped (20g)
bacon, cooked and chopped
1 slice(s) (10g)
olive oil
1 tsp (5mL)

For all 3 meals:

bell pepper
1 1/2 cup, chopped (224g)
eggs
6 large (300g)
onion
6 tbsp, chopped (60g)
bacon, cooked and chopped
3 slice(s) (30g)
olive oil
1 tbsp (15mL)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Strawberries and cream

203 cal ● 2g protein ● 19g fat ● 5g carbs ● 1g fiber



For single meal:

heavy cream
1/4 cup (53mL)
strawberries
1/3 cup, sliced (55g)

For all 3 meals:

heavy cream
2/3 cup (160mL)
strawberries
1 cup, sliced (166g)

1. Place the strawberries in a bowl and pour the cream over. You can also whip the cream beforehand if you like.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Bacon omelet

280 cal ● 20g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

bacon, cooked and chopped

2 slice(s) (20g)

For all 2 meals:

eggs

4 large (200g)

olive oil

2 tsp (10mL)

bacon, cooked and chopped

4 slice(s) (40g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Low-sugar Greek Yogurt

2 container(s) - 156 cal ● 24g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

low-sugar Greek yogurt, flavored

2 container(s) (300g)

For all 2 meals:

low-sugar Greek yogurt, flavored

4 container(s) (600g)

1. This recipe has no instructions.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Pesto scrambled eggs

4 eggs - 396 cal ● 26g protein ● 31g fat ● 3g carbs ● 1g fiber



For single meal:

pesto sauce

2 tbsp (32g)

eggs

4 large (200g)

For all 2 meals:

pesto sauce

4 tbsp (64g)

eggs

8 large (400g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced

1/2 clove (2g)

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

For all 2 meals:

garlic, diced

1 clove (3g)

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

olive oil

1 tbsp (15mL)

fresh spinach

8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
 2. Add the garlic and sauté for a minute or two until fragrant.
 3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
 4. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Bacon hamburger lettuce wrap

3 patties (4oz each) - 998 cal ● 69g protein ● 80g fat ● 1g carbs ● 0g fiber



Makes 3 patties (4oz each)

bacon

3 slice(s) (30g)

romaine lettuce

3 leaf inner (18g)

ground beef (20% fat)

3/4 lbs (340g)

1. Heat a skillet over medium heat and cook bacon until done.
2. Meanwhile, form the beef into patties and season all sides with salt/pepper to taste.
3. Remove cooked bacon and place the patties in the skillet. Cook on each side for about 4 minutes (or until internal temperature reaches about 160 F (70 C)).
4. When patties are done, place on romaine lettuce and top with bacon.
5. Serve.

Lunch 2 [↗](#)

Eat on day 2

Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

butter

2 tsp (9g)

frozen sugar snap peas

2/3 cup (96g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Balsamic chicken breast

20 oz - 789 cal ● 128g protein ● 30g fat ● 2g carbs ● 0g fiber



Makes 20 oz

italian seasoning

5 dash (2g)

oil

2 1/2 tsp (13mL)

balsamic vinaigrette

5 tbsp (75mL)

boneless skinless chicken breast, raw

1 1/4 lbs (567g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Lunch 3 [↗](#)

Eat on day 3, day 4

Chicken caesar salad

389 cal ● 37g protein ● 23g fat ● 5g carbs ● 2g fiber



For single meal:

romaine lettuce

1/6 head (104g)

parmesan cheese

2 tsp (4g)

mozzarella cheese, shredded

1 1/3 oz (38g)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

caesar salad dressing

4 tsp (20g)

boneless skinless chicken breast, raw, cut into bite-sized pieces

2/3 piece (113g)

For all 2 meals:

romaine lettuce

1/3 head (209g)

parmesan cheese

4 tsp (8g)

mozzarella cheese, shredded

2 2/3 oz (76g)

salt

1 dash (0g)

black pepper

1 dash (0g)

caesar salad dressing

2 2/3 tbsp (39g)

boneless skinless chicken breast, raw, cut into bite-sized pieces

1 1/3 piece (227g)

1. Cut chicken into bite-sized pieces and cook to taste.
2. Wash and lay out lettuce leaves on paper towels and pat dry.
3. Cut lettuce into 1 inch strips and place in a large mixing bowl.
4. Add chicken and mozzarella cheese and toss.
5. Sprinkle Parmesan cheese and salt and pepper onto lettuce and toss again.
6. Add dressing to individual salad bowls when serving so they won't get soggy.

Macadamia nuts

435 cal ● 4g protein ● 43g fat ● 3g carbs ● 5g fiber



For single meal:

Macadamia nuts, shelled, roasted
2 oz (10-12 kernels) (57g)

For all 2 meals:

Macadamia nuts, shelled, roasted
4 oz (10-12 kernels) (113g)

1. This recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5, day 6

Buffalo chicken lettuce wrap

4 wrap(s) - 878 cals ● 107g protein ● 42g fat ● 6g carbs ● 12g fiber



For single meal:

oil
2 tsp (10mL)
romaine lettuce
4 leaf outer (112g)
boneless skinless chicken breast, raw, cubed
1 lbs (454g)
Frank's Red Hot sauce
1/3 cup (80mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
avocados, chopped
2/3 avocado(s) (134g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)

For all 2 meals:

oil
4 tsp (20mL)
romaine lettuce
8 leaf outer (224g)
boneless skinless chicken breast, raw, cubed
2 lbs (907g)
Frank's Red Hot sauce
2/3 cup (160mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
avocados, chopped
1 1/3 avocado(s) (268g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)

1. (Note: Frank's Original Red Hot sauce is recommended for paleo eaters because it uses all natural ingredients. Any hot sauce will work though.)
 2. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
 3. Add the oil to a skillet over medium heat.
 4. Add chicken to skillet and cook 7-10 minutes until cooked through.
 5. Assemble wrap by taking a leaf of lettuce and topping with chicken, tomatoes, and avocado.
 6. Serve.
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Lunch 5 [↗](#)

Eat on day 7

Pepper steak

9 ounce(s) - 792 cal ● 45g protein ● 66g fat ● 2g carbs ● 2g fiber



Makes 9 ounce(s)

ribeye, raw

1/2 lbs (255g)

salt

3 dash (2g)

butter

1 tbsp (16g)

rosemary

3 dash (0g)

black pepper

3/4 tbsp, ground (5g)

1. Coat both sides of steaks with pepper and rosemary.
2. Heat butter in a large skillet. Add steaks and cook over medium-high heat for 5-7 minutes per side for medium (or to your desired degree of doneness).
3. Remove steaks from skillet and sprinkle with salt. Serve.

Buttery spinach cauliflower mince

1 cup(s) - 64 cal ● 3g protein ● 4g fat ● 1g carbs ● 3g fiber



Makes 1 cup(s)

garlic, minced

1 clove (3g)

fresh spinach, chopped

1/2 cup(s) (15g)

frozen riced cauliflower

1 cup, frozen (106g)

butter

1 tsp (5g)

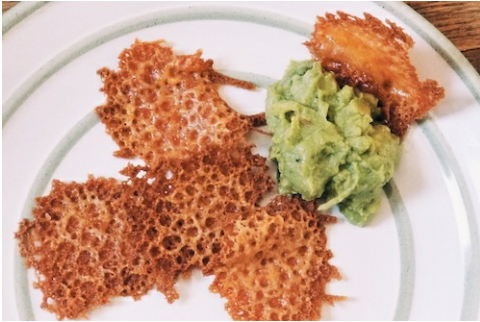
1. Cook riced cauliflower according to package.
 2. Meanwhile finely chop the spinach and garlic.
 3. When cauliflower is done and still hot, add in the spinach, garlic, butter, and some salt and pepper. Mix well until butter has melted.
 4. Serve.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Cheesy crisps and guac

6 crisps - 261 cal ● 11g protein ● 22g fat ● 3g carbs ● 3g fiber



For single meal:

cheese

6 tbsp, shredded (42g)

guacamole, store-bought

3 tbsp (46g)

For all 2 meals:

cheese

3/4 cup, shredded (84g)

guacamole, store-bought

6 tbsp (93g)

1. Heat a small, non-stick skillet over medium heat and spray with non-stick spray.
2. Sprinkle the cheese in little circles in the pan, about 1 tbsp per crisp.
3. Cook for about a minute, until the edges are crispy but the center is bubbling and soft.
4. Using a spatula, transfer crisps to a plate and allow to cool and harden for a couple of minutes.
5. Serve with guacamole.

Snacks 2 [↗](#)

Eat on day 3, day 4

Pistachios

188 cal ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added

4 tbsp (31g)

For all 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Roasted pepper wedges with cheese & pesto

3 wedge(s) - 210 cals ● 11g protein ● 15g fat ● 7g carbs ● 2g fiber



For single meal:

pesto sauce
3/4 tbsp (12g)
oil
3/8 tsp (2mL)
mozzarella cheese, shredded
1 1/2 oz (43g)
bell pepper
3/4 medium (89g)

For all 3 meals:

pesto sauce
2 1/4 tbsp (36g)
oil
1 tsp (6mL)
mozzarella cheese, shredded
1/4 lbs (128g)
bell pepper
2 1/4 medium (268g)

1. Preheat oven or toaster oven to 400°F (200°C).
2. Slice the sides off the bell pepper to make wedges, 4 per pepper.
3. Rub wedges with oil and season with a sprinkle of salt and pepper. Place pepper wedges on a lined baking sheet and bake for 15 minutes.
4. Remove sheet from oven and add the cheese into the wedges. Bake another 7 minutes until cheese is bubbly.
5. Serve with pesto and enjoy.

Macadamia nuts

109 cals ● 1g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

Macadamia nuts, shelled, roasted
1/2 oz (10-12 kernels) (14g)

For all 3 meals:

Macadamia nuts, shelled, roasted
1 1/2 oz (10-12 kernels) (43g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Olive oil drizzled sugar snap peas

286 cal ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen sugar snap peas

2 1/3 cup (336g)

olive oil

3 1/2 tsp (18mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Basic chicken breast

13 1/3 oz - 529 cal ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

oil

2 1/2 tsp (13mL)

**boneless skinless chicken breast,
raw**

13 1/3 oz (373g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
 2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
 3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
 4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
 5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Green beans

63 cal ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

frozen green beans
1 1/3 cup (161g)

For all 2 meals:

frozen green beans
2 2/3 cup (323g)

1. Prepare according to instructions on package.
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Baked chicken thighs

12 oz - 772 cal ● 77g protein ● 51g fat ● 1g carbs ● 0g fiber



For single meal:

salt
4 dash (3g)
black pepper
2 dash, ground (1g)
chicken thighs, with bone and skin, raw, bone and skin
2 thigh (6 oz ea) (340g)
thyme, dried
1 dash, ground (0g)

For all 2 meals:

salt
1 tsp (6g)
black pepper
4 dash, ground (1g)
chicken thighs, with bone and skin, raw, bone and skin
4 thigh (6 oz ea) (680g)
thyme, dried
2 dash, ground (0g)

1. Preheat oven to 350 degrees.
 2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
 3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
 4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.
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Dinner 3 [↗](#)

Eat on day 4

Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen sugar snap peas

2/3 cup (96g)

olive oil

1 tsp (5mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Buffalo chicken wings

18 2/3 oz - 788 cals ● 67g protein ● 57g fat ● 1g carbs ● 0g fiber



Makes 18 2/3 oz

Frank's Red Hot sauce

3 tbsp (47mL)

chicken wings, with skin, raw

18 2/3 oz (530g)

black pepper

1/4 tsp, ground (1g)

salt

1/4 tsp (2g)

oil

1 3/4 tsp (9mL)

1. Preheat oven to 400 F (200 C).
 2. Place wings on large baking sheet, and season with salt and pepper.
 3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
 4. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
 5. Take wings out of the oven when done and toss with the hot sauce to coat.
 6. Serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Blue cheese stuffed chicken thighs

1 1/2 thigh - 678 cal ● 62g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

paprika
1 1/2 dash (0g)
olive oil
1/2 tsp (3mL)
thyme, dried
1/4 tsp, ground (0g)
blue cheese
3/4 oz (21g)
chicken thighs, with bone and skin, raw
1 1/2 thigh (6 oz ea) (255g)

For all 2 meals:

paprika
3 dash (1g)
olive oil
1 tsp (6mL)
thyme, dried
1/2 tsp, ground (1g)
blue cheese
1 1/2 oz (43g)
chicken thighs, with bone and skin, raw
3 thigh (6 oz ea) (510g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

frozen green beans
1 cup (121g)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

frozen green beans
2 cup (242g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
butter
2 tbsp (27g)

1. Prepare green beans according to instructions on package.
 2. Top with butter and season with salt and pepper.
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Dinner 5 [↗](#)

Eat on day 7

Pecans

1/2 cup - 366 cal ● 5g protein ● 36g fat ● 2g carbs ● 5g fiber



Makes 1/2 cup

pecans

1/2 cup, halves (50g)

1. This recipe has no instructions.

Avocado tuna salad

436 cal ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

mixed greens

1 cup (30g)

onion, minced

1/4 small (18g)

canned tuna

1 can (172g)

tomatoes

4 tbsp, chopped (45g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
 2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
 3. Serve.
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